



# getting better at change

individual's perspective

The universe is change, life is understanding.

Change happens, that is for sure, and not just in our modern, 21st century era. It seems that the stress of the new affects most people in every age.

So the trick is not to resist it, but to go with it

## Contents

### *Why change?*

Lot is happening around us. Whatever one thought as standard has changed. As the famous saying goes "change is the only constant".  
*The right ingredients are available*

Everybody can succeed and realise their dreams in these changing times.

### *Managing self is managing change*

Recognising the essential ingredients of personal change is the first step to mastering change.

### *Changing focus from reactive to proactive*

It is easier to undergo changes with a proactive mindset. Self-driven people find it easy to succeed in the thick of changes.

### *Think out of box*

Changing times require changing thinking.

### *Getting better of changes*

Understanding the process of change & focus on the important aspects is the key to get better of changes & succeed everytime

## Take Away

At the end of the programme, the participants will be able to appreciate the essential prerequisites to manage changes & be inspired to practice these.

## Objectives

Change is essential to life

Process of change

Change focus from reactive to proactive

## Who should attend?

Middle level, Senior level

## What is the duration?

1 day, 2 days

[choose duration](#)

## Interaction language

Hindi, English, Hindi/ English

## Methodology

Multimedia Presentation

Lecture

Facilitated Discussion

Group exercise

Individual exercise

Study material

Anecdotes

Games

Q & A